

CLAIMS

What is claimed is:

1. An oil or fat composition comprising the following ingredients (A), (B), (C) and (D):

5 (A) an oil or fat containing from about 60 to 100% by weight of diglyceride, by 100 parts by weight of the oil or fat composition, the diglyceride further comprising fatty acids, wherein the amount of fatty acids that are unsaturated is from about 80 to 100 wt.%, by 100 parts by weight of the
10 diglyceride;

(B) from about 0.001 to 1 % by weight of ingredient (A) of a carboxylic acid selected from the group consisting of C₂₋₈ hydroxycarboxylic acids, dicarboxylic acids, tricarboxylic acids, salts and derivatives thereof, and
15 mixtures thereof;

(C) from about 0.001 to 5 % by weight of ingredient (A) of an antioxidant; and

(D) from about 0.05 to 4.7 % by weight of ingredient (A) of a plant sterol.

20 2. An oil or fat composition according to claim 1, wherein said fatty acids in said ingredient (A) further comprises from about 20 to 65 wt.% of oleic acid, about 15 to 65 wt.% of linoleic acid, not greater than about 15 wt.% of linolenic acid, and not greater than about 10 wt.% of
25 saturated fatty acids, by weight of the fatty acids.

3. An oil or fat composition according to claim 1 further comprising: (E) from about 0.01 to 2.5 % by weight of a crystallization inhibitor.

4. A food comprising an oil or fat composition according to Claim 1.

5. A packaged edible oil or fat comprising:
a container, wherein the container has a moisture permeability index not greater than about 1.9 (g/day·m²) and an oxygen permeability index not greater than about 0.8 (cm³/day·m²),; and

an oil or fat containing partial glycerides, wherein the glycerides' saturated dissolved-water content is not lower than about 1,500 ppm, and wherein the oil or fat is filled in the container.

6. A packaged edible oil or fat according to claim 5, wherein the oil or fat containing the partial glycerides, wherein the glycerides' saturated dissolved-water content is not lower than about 1,500 ppm, is an oil or fat containing 15 to 100 wt.% of diglycerides, by weight of the oil or fat, the diglyceride further comprising fatty acids, wherein the amount of fatty acids that are unsaturated is from about 80 to 100 wt.%, by weight of the diglyceride.

7. A packaged edible oil or fat according to claim 5 further comprising from about 0.001 to 5 % by weight of an antioxidant based on 100 parts by weight of the oil or fat.

8. A packaged edible oil or fat according to claim 5, further comprising from about 0.05 to 4.7 % by weight of a plant sterol based on 100 parts by weight of the oil or fat.

5 9. A packaged edible oil or fat according to claim 5, further comprising from about 0.001 to 1 % by weight of a carboxylic acid based on 100 parts by weight of the oil or fat.

10 10. A packaged edible oil or fat according to claim 5, wherein a water content of the oil or fat is not higher than about 4,000 ppm after being sealed air tight and then stored for 3 months at 40°C and 75% relative humidity.